

### **IN THE CLAIMS**

Please cancel claim 1-20 and add claims 21-40.

21. An aquatic exercise device comprising:
  - a bell having a plurality of apertures adapted to allow water flow when the device is moved through water;
  - a plurality of fins extending from an outer surface of the bell; and
  - a handle connected within an interior of the bell.
22. An aquatic exercise device in accordance with claim 21, wherein at least a portion of the plurality of fins are arranged symmetrically along the outer surface of the bell.
23. An aquatic exercise device in accordance with claim 21, wherein the plurality of fins comprise:
  - at least one curved transverse fin at least partially encircling a an inner cavity of the bell; and
  - a plurality of longitudinal fins extending from an apex of the bell to the at least one curved transverse fin.
24. An aquatic exercise device in accordance with claim 23, wherein the plurality of longitudinal fins are symmetrically arranged.
25. An aquatic exercise device in accordance with claim 23, wherein the plurality of apertures have an elongated shape.
26. An aquatic exercise device in accordance with claim 25, wherein the plurality of apertures are arranged in rows along axes extending from the apex to the transverse fin.
27. An aquatic exercise device in accordance with claim 23, wherein the plurality of longitudinal fins extend perpendicular to the surface of the bell.

28. An aquatic exercise device in accordance with claim 23, wherein the plurality of fins and the apertures are arranged to provide a resistance independent of a direction of motion within a transverse plane tangential to the apex of the bell.

29. An aquatic exercise device in accordance with claim 23, further comprising:  
a flange member attached at least to the apex and forming a plurality of flanges along the longitudinal fins.

30. An aquatic exercise device in accordance with claim 29, wherein the plurality of flanges are perpendicular to the longitudinal fins.

31. An aquatic exercise device comprising:  
a bell comprising:  
at least one curved transverse fin at least partially encircling an inner cavity of the bell;  
a plurality of curved longitudinal fins extending from an apex of the bell to the at least one curved transverse fin; and  
a handle connected within the bell.

32. An aquatic exercise device in accordance with claim 31, wherein the at least one curved transverse fin and the plurality of curved longitudinal fins are arranged to provide a resistance independent of motion through water with in a transverse plane tangential to the apex of the bell.

33. An aquatic exercise device in accordance with claim 32, wherein the plurality of longitudinal fins are symmetrically arranged.

34. An aquatic exercise device in accordance with claim 31, wherein bell further comprises a section of spherical surface between each of the longitudinal fins, the section of spherical surface having a plurality of apertures for allowing water to vent when the aquatic exercise device is moved through water.

35. An aquatic exercise device in accordance with claim 34, wherein the plurality of apertures are arranged in rows along axes extending from the apex to the transverse fin.
36. An aquatic exercise device in accordance with claim 34, wherein the plurality of fins and the plurality of apertures are arranged to provide a resistance independent of a direction of motion within a transverse plane tangential to the apex of the bell.
37. An aquatic exercise device in accordance with claim 36, wherein the plurality of apertures have a size to provide a resistance independent of the direction of motion within the transverse plane tangential to the apex of the bell.
38. An aquatic exercise device in accordance with claim 31, further comprising:  
a flange member attached at least to the apex and forming a plurality of flanges along the longitudinal fins.
39. A method of aquatic exercise comprising:  
holding a handle of an aquatic exercise device comprising a bell; and  
moving the aquatic exercise device through water to achieve a resistance independent to a direction of motion within a transverse plane tangential to an apex of the bell.
40. A method in accordance with claim 34, wherein the aquatic exercise device comprises:  
a bell comprising at least one curved transverse fin at least partially encircling an inner cavity of the bell, a plurality of curved longitudinal fins extending from an apex of the bell to the at least one curved transverse fin, and a handle connected within the bell.